

Name of the course: RECOVERY AND REHABILITATION IN SPORT		
Teacher(s): Branka D. Marković, Olivera Knežević		
Course status: Elective		
Number of ECTS points: 10		
Requirement: none		
Course objective: The aim of this course is to enable students to acquire and improve existing knowledge regarding anatomical and physiological aspects that lead to fatigue during and after physical activity, to critically analyze and practically implement standard measurement methods, but also to master adequate biological methods, tests and the most modern recovery agents and techniques. Acquisition of knowledge and implementation in rehabilitation procedures after injuries.		
Outcome of the course: After completing this course, each student should be able to critically analyze the scientific literature, to precisely define and set the experimental paradigm, to interpret the results and conceptualize methods in the implementation of experiments and practical application related to recovery and / or rehabilitation in sports.		
Content of the course: <ul style="list-style-type: none"> • Anthropological and physiological aspects of fatigue and recovery. • Oxidative stress and physical activity. • Definitions of research terminology in recovery and rehabilitation. • Biological and psychological factors of fatigue and recovery. • Active and passive recovery. • Methods and means in recovery and rehabilitation in sports 		
Recommended literature Sport, Recovery, and Performance: Interdisciplinary Insights, Kellmann M. Beckmann J. 2017. Recovery for Performance in Sport. Hausswirth C. Mujika I. 2013. Essentials of Physical Medicine and Rehabilitation: Musculoskeletal Disorders, Pain, and Rehabilitation, 3e. Frontera W. 2014.		
Number active classes	Theory: 4	Practice:
Course delivery methods Theoretical lectures; Practice, Independent research work		
Knowledge assessment (maximum number of points 100) In-class activity - 40 Essay - 30 Oral exam - 30		
Testing ways may vary: (written exams, oral exams, project presentations, seminars, etc.)		
*maximum length 1 A4 page		